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UNITED STATES DEPARTMENT OF AGRICULTURE  
BUREAU OF HOME ECONOMICS  
WASHINGTON, D. C.

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The following menus, market basket, and recipes for one week for a family of two adults and one child under three years of age, were developed by the classes in Home Economics, Eastern High School, Washington, D. C., under the direction of their teacher, Mrs. Catherine R. Anderson. The study followed the U. S. Bureau of Home Economics food guide, "The Family's Food at Low Cost," which was published to meet the needs of persons living on reduced incomes. The prices quoted were current in Washington, D. C., during February, 1931. In some instances Mrs. Anderson charged up only the quantities of food used during the week and not the entire unit package.

The accompanying recipes and menus are contributed independently by Eastern High School and have not been checked in this Bureau.

MENU FOR ONE WEEK

Breakfast

Sunday: Stewed Prunes, Cream of Wheat with Sugar & Cream, Toast & Butter, Coffee for Adults, Milk for Child

Monday: Oatmeal with Raisins, Sugar, Cream, Toast, Coffee, Milk, Egg for Child

Tuesday: Broiled Bacon, French Toast, Cream of Wheat, Sugar & Cream, Coffee, Milk, Brown Bread & Butter for child

Wednesday: Oatmeal, Sugar & Cream, Hot Cakes, Butter, Molasses, Coffee, Milk, Orange Juice & Egg on Toast for Child

Thursday: Prunes, Rice & Cream, Scrambled Egg on Toast, Cocoa

Luncheon

Crackers and Butter, Peanut Butter, Steamed Whole Apple, Cocoa

Cream of Spinach Scup, Stuffed Apple Salad, Graham Muffins, Tea, Milk

Five Minute Cabbage, Pea Loaf, Escalloped Potatoes, Brown Bread & Butter Sandwiches, Rice & Raisins, Cream, Tea & Milk

Mixed Vegetable Salad, Vegetable Soup, Toast Strips, Peanut Butter Sandwiches, Tea, Milk, Raw Cabbage Juice for Child

Baked Stuffed Potatoes, Bread, Butter, Prune whip with Custard Sauce, Coffee Milk

Tomato Rarebit on Saltines, Rice Muffins, Butter, Apple Sauce

Dinner

Clear Tomato Soup, Saltines, Meat Loaf, Browned Potatoes, Creamed Spinach, Bread & Butter, Apple Sauce Cake, Coffee, Milk

Spanish Michel, Slaw, Boston Brown Bread & Butter, Corn-starch Custard, Apple Sauce Cake, Coffee

Meat Roll with Brown Sauce, Escalloped Cabbage, Mashed Potatoes, Rice Muffins, Butter, Molasses, Apple Snow

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Breakfast

Friday: Bacon, Sauted Mush,  
Molasses, Toast &  
Butter, Mush & Milk,  
Fruit Juice for Child.

Luncheon

Potato-Carrot Puffs, Tomato Cup, Salmon Cro-  
Corn Muffins, Butter, quettes for Adults, Baked  
Molasses, Chocolate Potatoes, Peanut Butter  
Cornstarch Mold, Biscuits for Adults, Fruit  
Cream, Creamed Salmon Salad, Coffee, Milk, Pea-  
for Child, Coffee, nut Butter Sandwiches for  
Milk Child

Dinner

Saturday: Cream of Wheat with  
Prunes, Cream, Whole  
Wheat Muffins, Butter,  
Coffee, Milk

Baked Beans for  
Adults, Corn Bread,  
Butter, Egg for  
Child, Lemon Fudding  
with Meringue, Cof-  
fee, Milk

Broiled Liver with Bacon,  
Creamed Onions, Browned  
Potatoes, Tea, Milk,  
Cinnamon Rolls

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FOOD	QUANTITY USED IN : WEEK	COST
Cereals:		
Farina	1/2 box	\$ .06
Bread	6 loaves	.30
Crackers	1 box.	.05
Flour	3 lbs.	.07
Cornmeal	3 lbs.	.05
Oatmeal	1/2 box	.04
Graham Flour	2 lbs.	.08
Rice	1 lb.	.04
Spaghetti	1/2 lb.	.05
Milk	10 qts.	1.30
Potatoes	10 lbs.	.29
Peanut Butter	1/2 lb.	.10
Navy Beans	1/2 lb.	.04
Tomatoes (canned)	2 cans	.20
Prunes	1 lb..	.09
Lemons	2	.07
Apples	5 lbs.	.25
Cabbage	2 lbs.	.05
Oranges	1 doz.	.25
Peas	1 can	.10
Onions	1 lb.	.03
Spinach	1 lb.	.10
Carrots	1 bunch	.05
Parsley	1 bunch	.02
Raisins	2/3 box	.07
Peppers	1	.05
Fats:		
Butter	1/2 lb.	.18
Oleo	1 lb.	.17
Bacon	1/2 lb.	.01



Sugar	2 lb.	.10
Molasses	1 lb.	.10
Ground Beef	1 lb.	.21
Boiled Ham	1/8 lb.	.10
Boiling Beef	2 lb.	.30
Salmon	1 can	.10
Liver (Pork)	1/2 lb.	.07
Cheese	1/2 lb.	.13
Eggs:		
Storage	6	.14
Fresh	6	.18
Total for Week .....	.....	\$5.59
Cost per Day .....	.....	.80
Cost per Person per Day .....	.....	.27

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### Recipes

#### SOUPS

##### Vegetable Soup

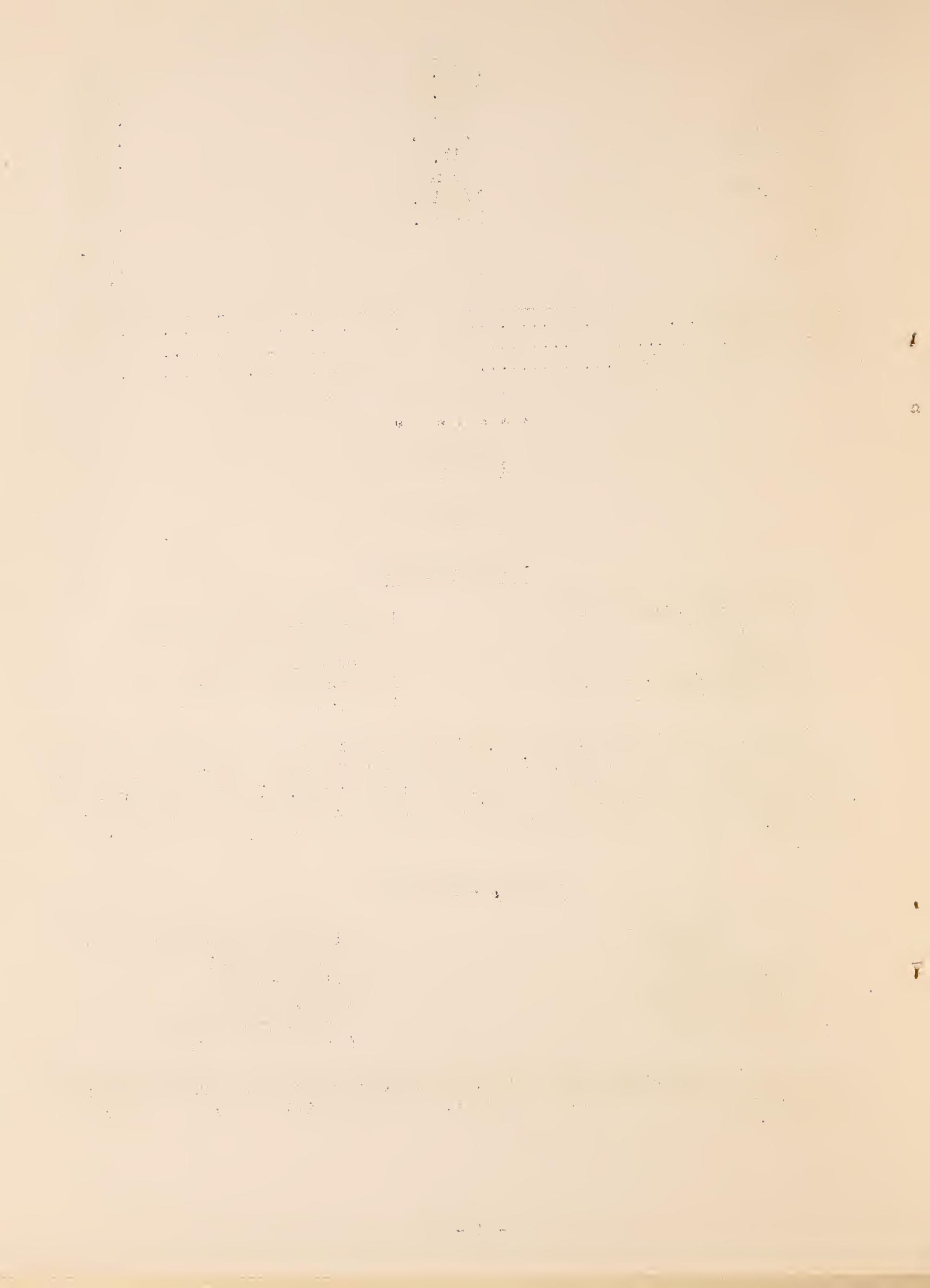
1-1/2 pound boiling meat (beef)	1 medium onion
1 carrot	3/4 cup chopped cabbage
3 sprigs parsley, chopped	1 teaspoon salt
1/2 cup tomato	1/8 teaspoon pepper
	1/8 teaspoon celery salt

Wipe the meat with a damp cloth, place 2 quarts of cold water and meat in a pan. Let soak 30 minutes. Simmer over slow fire for several hours 'till meat is tender, adding seasoning and water as necessary. Remove meat, save 1 cup stock, to remainder add vegetables except tomatoes and cook until they are tender. Then return about 1/2 cup tomato, Chopped meat, heat and serve at once.

##### Clear Tomato Soup

1-1/2 cups tomatoes (canned)	1 tablespoon butter substitute
1/2 cup water	1/8 teaspoon paprika
1/2 teaspoon salt	1/2 slice onion
2 whole cloves	1 celery leaf
1/2 bay leaf	1/2 sprig parsley (may be omitted)

Mix all ingredients except butter. Cook 20 minutes in covered pan over slow fire. Strain thoroughly, add butter. Heat to boiling point and serve in hot cups.



### Cream of Spinach Soup

Puree of spinach saved from Sunday. Make 1/2 cup of sauce. Add 1 cup milk. Mix all ingredients and serve piping hot. Season more if desired.

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### MEATS, FISH, CHEESE, and EGGS

#### Scrambled Egg

1 egg well beaten	1/4 teaspoon salt
1/3 cup milk	Speck of pepper.

Mix all ingredients. Cook in greased pan over low flame or hot water stirring frequently until thick. Serve on toast.

#### Tomato Rarebit

1 cup milk	1/8 teaspoon pepper
2 tablespoons flour	1/2 cup strained
2 tablespoons fat	tomato
1/2 teaspoon salt	3/4 cup grated cheese

Make white sauce of first 5 ingredients in double boiler, add cheese, remove from fire to let cheese melt from heat of sauce, add tomato, return to fire, and let heat. Serve at once.

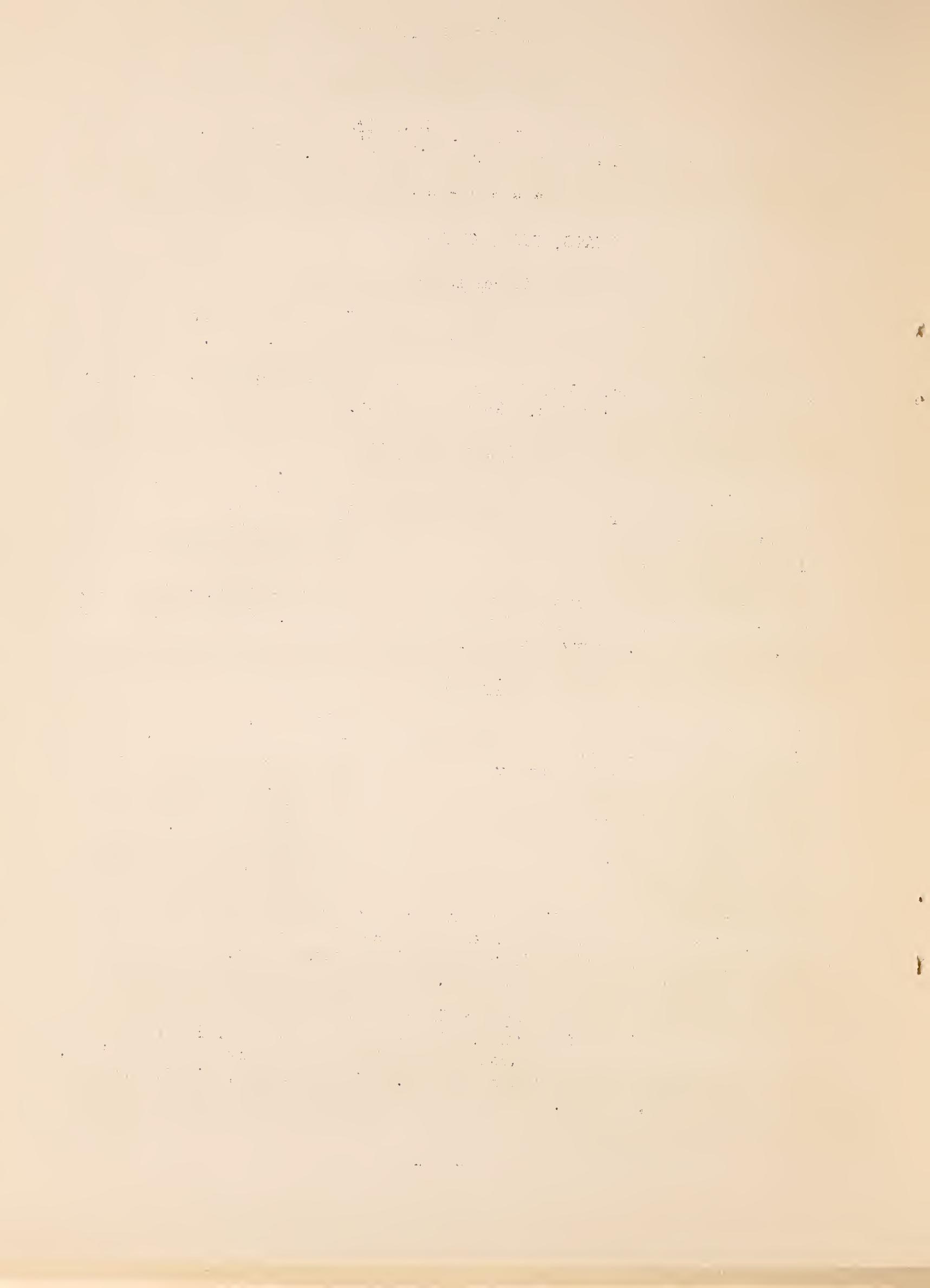
#### Meat Roll

1 cup flour	1/2 teaspoon salt
1-1/2 tablespoons fat	1/8 teaspoon pepper
1-1/2 teaspoons baking powder	1/8 teaspoon celery salt
1/4 teaspoon salt	3 tablespoons fat
1/3 cup milk or less	5 tablespoons brown flour
1 cup ground meat	3 sprigs parsley,
1 cup meat stock	finely chopped
1/2 cup water	1 medium onion

Make biscuit dough of first 5 ingredients, roll to about 1/4 inch thickness. Spread on mixture of meat and seasonings and 1/2 cup thick brown sauce. Roll as jelly roll and bake in moderate oven. Serve hot with thin brown sauce poured over roll.

#### Salmon Croquettes

1/2 cup very thick white sauce. Add 1-1/2 cups salmon, 1/2 cup bread crumbs, 2 tablespoons chopped parsley, 2 tablespoons finely chopped onions, 1/2 teaspoon salt, and 1/8 teaspoon pepper. Mix and shape, dip in beaten egg, roll in crumbs, and fry,



### Broiled Liver with Bacon

1/2 pound liver, beef	1/4 teaspoon salt
3 slices bacon cut in half	

Wipe the slices of liver, remove the skin, cook in the oven or on top of the stove in a slightly greased pan. Allow 5 to 10 minutes for cooking. Turn several times while cooking. Salt and serve on plate with crisp bacon and parsley.

### Meat Loaf

1 pound Hamburger	1/2 teaspoon salt
1/2 cup crumbs	1/4 teaspoon pepper
4 sprigs parsley (chopped)	1/8 teaspoon celery salt
1 finely chopped onion	Milk or water to moisten

Mix ingredients. Make loaf and put in greased baking dish. Place two slices of bacon on top of loaf. Place 4 medium potatoes, pared and cut in halves in pan, with 1/2 cup of water in the bottom. Cover and bake 30 minutes in moderate oven. Then let brown for 10 to 15 minutes.

### Spanish Michel

1/2 pound or 2 cups spaghetti (cut in pieces)	3/4 green pepper
2/3 quart can tomatoes	1 onion
	1/8 pound boiled ham
1-1/2 teaspoon salt	

Cook spaghetti in 1 quart boiling water until tender, add tomatoes, and cook 15 minutes longer. Brown diced onion and pepper in fat fried out of ham. Chop ham finely. Mix all together and cook 15 minutes longer.

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### VEGETABLES

#### Raw Cabbage Juice

Have fresh raw cabbage finely chopped. Press cabbage through ricer until there is 1/4 cup juice. Dilute with 1/4 cup water and season with pinch of salt and serve.

#### Stuffed Baked Potatoes

Bake 4 medium potatoes until tender. Remove from oven and split in halves lengthwise. Take out mealy portion with a spoon. Mash and mix with 2 tablespoons cream, 1 tablespoon butter, 1/4 teaspoon salt, and 1/16 teaspoon pepper. Beat until creamy, replace in half shells, and brown in oven about 8 or 10 minutes.

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### Escalloped Cabbage

Boil cabbage until tender in minimum amount of salted water. Place layers in greased baking dish, alternating with layers of medium cream sauce. Place bread crumbs, browned in hot fat in skillet, on top, and bake in moderate oven for about 15 minutes.

### Potato-Carrot Puffs

1 cup mashed potatoes	1/2 cup creamed or diced carrots
2 tablespoons cream or milk	1/2 egg, well beaten

Beat first two ingredients and the egg together until light, put large spoonfuls on greased shallow baking dish, press hollow in center with spoon, and fill with carrots. Brown in oven. Serve piping hot.

Note: Creamed peas may be substituted for carrots.

### Creamed Onion

Three medium sized onions, sliced, and boiled until tender in a small amount of water with  $1/4$  teaspoon salt. Drain  $1/2$  cup medium white sauce. Pour over onion immediately before serving. For white sauce use:

1/2 cup milk (or $1/4$ cup milk, $1/4$ cup water)	1 tablespoon flour
1 tablespoon melted fat	$1/4$ teaspoon salt
	$1/16$ teaspoon pepper

### Creamed Spinach

1 lb. spinach (washed in 4 to 6 waters) and cook with  $1/2$  teaspoon salt over low flame in covered sauce pan until tender. (about 10 or 15 minutes).

1 tablespoon butter	$1/4$ teaspoon salt
1 tablespoon flour	$1/16$ teaspoon pepper
1/2 cup milk	

Melt butter, add flour and liquid gradually over slow flame or in double boiler -- cook until flour is done. Chop spinach fine. Mix with cream sauce and serve. (Reserve  $1/4$  of spinach for use Monday).

### Five-minute Cabbage

1-1/2 cups coarsely chopped cabbage. Boil 5 minutes in boiling salted water rising. 1 cup water or less. Put in serving dish and add 2 tablespoons butter or substitute.

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### BREADS

#### Hot Cakes

2/3 cup milk	1 tablespoon fat
1/2 cup graham flour	1 egg
1/2 cup white flour	2 teaspoons baking powder
1/3 teaspoon salt	



Mix and sift dry ingredients. Add egg and milk mixed together, then melted fat. Beat mixture well for about half a minute. Drop batter by spoonfuls on hot well greased griddle, allowing for spreading. When puffed and bubbles have broken it should be ready to turn.

#### Rice Muffins

1-1/4 cups flour	1/2 cup boiled rice
2-1/2 teaspoons baking powder	1/2 cup milk
1/4 teaspoon salt	Yolk of egg, well beaten
	2 tablespoons melted butter substitute.

Mix and sift dry ingredients. Work rice in with tips of fingers. Mix other ingredients, add to dry ones, bake in greased muffin tins in moderate oven.

#### Corn Muffins

1/2 cup cornmeal	1 tablespoon fat, melted
1/2 cup flour	1/2 tablespoon soda
1/2 teaspoon salt	1 tablespoon molasses
1/2 egg	1/2 cup sour milk

Mix and sift dry ingredients. Beat egg, add melted fat, molasses, and sour milk. Add to dry ingredients. Pour into greased muffin tins and bake in hot oven about 25 minutes.

#### Peanut Butter Biscuits

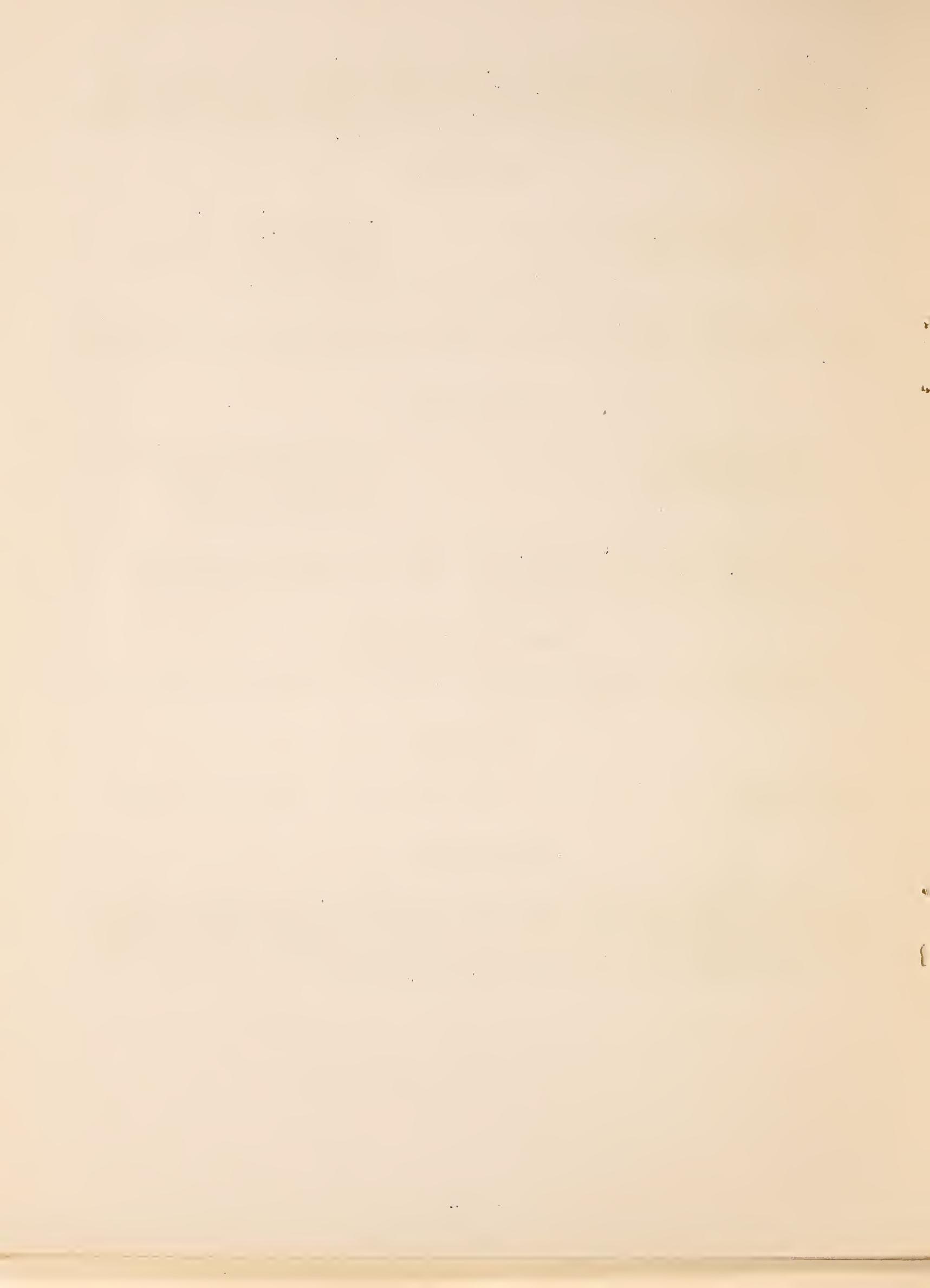
Make as biscuit recipe in Meat Roll Recipe, substituting peanut butter for shortening. Add 1 tablespoon fat.

#### Corn Bread

Same recipe as corn muffins, leaving out egg and adding 1/2 teaspoon baking powder.

#### Cinnamon Rolls

Use 1 cup flour in biscuit dough as in recipe for meat roll. Roll to about 1/4 inch thickness, brush with melted butter, and sprinkle thickly with 1/4 cup sugar mixed with 1/4 to 1/2 teaspoon cinnamon. Roll tightly, slice off cinnamon rolls about 1/2 inch thick, and bake in a moderate oven on a greased baking dish for about 10 or 15 minutes.



### Graham Muffins

1 cup graham flour  
1 cup white flour  
3 tablespoons fat,  
    melted  
1/2 egg

4 teaspoons baking powder  
3 tablespoons sugar  
1/2 teaspoon salt  
1/2 cup milk  
1/2 cup water.

Mix and sift dry ingredients. Mix fat, egg, and liquid. Add to first mixture. Beat thoroughly, bake in greased muffin pans in moderate oven 20 to 25 minutes.

### Brown Bread

2-1/2 cups sour milk  
1/2 cup molasses  
1 teaspoon salt

1 heaping teaspoon soda  
2 cups cornmeal  
1 cup graham flour

Mix the sour milk and molasses, add the rest of the ingredients, and place in greased covered cans in steamer. Steam 3 hours, then brown in oven for 15 minutes.

### French Toast

1 egg, well beaten  
1/2 teaspoon salt

1 cup milk

Mix and dip six slices of dry bread into mixture. Broil 8 slices of bacon until dry; brown the bread dipped in egg mixture in bacon fat.

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## DESSERTS

### Prune Whip

2/3 cup finely chopped or  
    strained prune pulp  
1 egg white

2 tablespoons sugar  
1 teaspoon lemon juice  
Little grated rind

Beat egg until stiff, and fold in the other ingredients carefully. Chill and serve with custard sauce.

### Apple Snow

1 cup apple sauce  
2 tablespoons sugar

1 tablespoon lemon juice  
1 teaspoon lemon rind

Beat 1 egg white until stiff, fold into other ingredients, chill, and serve.



### Steamed Custard

2-1/4 tablespoons cornstarch	3 tablespoons sugar
1/2 egg	Salt
2 cups milk	1/2 teaspoon vanilla

Heat milk -- add to cornstarch, mixed with sugar and small quantity of cold milk, then to well beaten egg. Cook until mixture thickens in double boiler, stirring constantly. Add flavoring, chill, and serve.

### Rice and Raisins

2-1/3 cups rice	2 cups boiling water
1 teaspoon salt	1/3 cup washed raisins

Add rice to boiling salted water, add raisins; over direct flame, cook about 10 or 20 minutes, and in a double boiler about 30 minutes or longer.

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## SALADS AND SALAD DRESSINGS

### Mixed Vegetable Salad

1/2 cup shredded cabbage	1 tablespoon vinegar
1/2 cup grated raw carrots	1 tablespoon cream
1 finely chopped onion	1/4 teaspoon salt
3 sprigs parsley, finely chopped	1/16 teaspoon pepper
1/4 cup mayonnaise	1/16 teaspoon celery salt

Have vegetables cold and crisp. Mix vegetables. Mix last 3 ingredients. Put all together and serve at once.

### Fruit Salad

Slice one orange, one banana, one medium or two small apples. Mix with 2 tablespoons sugar.

### Stuffed Apple Salad

Select three medium sized pretty apples. Dig out center and save all good apple. Scallop top of shell with paring knife. Mix this apple, 1/4 cup chopped cabbage, and 1 orange cut and 2 tablespoons sugar, and replace in shell. Serve at once.

### Slaw

1 cup finely chopped cabbage	1/4 cup mayonnaise
1/4 pepper, finely chopped	Vinegar, salt, & pepper to taste

Have cabbage crisp and cold. Mix all ingredients and serve.



### Steamed Custard

2-1/4 tablespoons cornstarch	3 tablespoons sugar
1/2 egg	Salt
2 cups milk	1/2 teaspoon vanilla

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1/4 pepper, finely chopped	Vinegar, salt, & pepper to taste

Have cabbage crisp and cold. Mix all ingredients and serve.

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### Chocolate Cornstarch Mold

1-1/2 cups milk, heated	2-1/4 tablespoons cornstarch
3/4 square chocolate	Salt to taste
4-1/2 tablespoons sugar	1/4 teaspoon vanilla.

Melt chocolate, add hot milk, and then add to mixed dry ingredients, stirring gradually. Return to double boiler. Stir until thick enough for pudding. Mold, and serve when cold with top milk.

### Lemon Pudding

1 lemon juice and rind	1-1/4 cups boiling water
1 egg yolk	1/3 cup sugar
2 tablespoons cornstarch.	1 tablespoon butter

Mix cornstarch and sugar. Add hot water, stirring. Return to fire, cook slowly until thick and clear. Add to beaten yolk, cook one minute, and add lemon and butter. Cool. When ready to serve, beat egg white and add 1 teaspoon lemon juice and 2 tablespoons sugar. Beat well and serve on top of yellow pudding.

### Stewed Prunes

Wash carefully, soak in cold water over night. Cook in this water until tender, using a slow heat or fireless cooker.

### Applesauce Cake

1 cup sugar	1 cup chopped raisins
1/2 cup fat	2 cups flour
1 teaspoon cinnamon	1/4 teaspoon salt
1 teaspoon cloves	1 cup dry applesauce (not sweet)
1 teaspoon soda	baked apple put through sieve may be used

Cream Fat. Add sugar. Mix sifted flour and spices with raisins thoroughly. Add soda to apple sauce. Mix with sugar and fat. Add flour, and raisins and beat thoroughly. Bake in buttered floured pan 1-1/4 hours in very moderate oven.

### Steamed Whole Apple

Make syrup of 1/2 cup sugar, and 1-1/2 cup water. Place 4 medium or 6 whole small apples (peeled or cored) in boiling syrup and steam until tender. A little cinnamon, lemon juice, and rind may be added if desired. Remove apples when tender and if syrup is very thin boil down some.

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## CEREAL

### Mush

3/4 cup cornmeal  
3 cups water

1 teaspoon salt

Add cereal to boiling salted water. Cook over direct flame for 10 minutes, stirring, then cook in double boiler about 3 hours.

### Saute Mush

Slice cold mush. Brown in skillet in hot fat and serve.

### Cream of Wheat

1 cup cream of wheat  
2 to 3 cups water.

1/2 teaspoon salt

Use double boiler. Put water and salt into the upper part directly over flame. When water boils, add cereal slowly. Stirring constantly cook for 30 minutes. (Last 20 minutes may be in double boiler).

### Oatmeal with Raisins

1-1/4 cups rolled oats  
(quick)

2-1/2 cups boiling water  
1/4 teaspoon salt

Add oats to boiling water, stir until boiling, then allow to cook (occasionally stirring) 10 minutes over direct heat. Place over lower part of double boiler, half full of hot water. Allow to cook covered from 1/2 to 1 hour before serving.

Wash 1/4 cup raisins and add during last 15 or 20 minutes of cooking. These may be chopped, if desired.

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## SAUCES

### Custard Sauce

1 cup milk  
1 egg yolk  
1/2 teaspoon cornstarch

2 tablespoons sugar  
1/2 teaspoon vanilla  
Pinch of salt.

Heat milk in double boiler. Beat egg yolk. Mix cornstarch and sugar. Add hot milk to this, and mixture to egg yolk, return to double boiler and cook, stirring constantly until slightly thick. Cool and serve.

### Brown Sauce

Brown flour, add fat, seasonings, 1/4 cup water, gradually stirring then add about 1/2 cup stock. Take out 1/2 cup of this sauce to mix with meat, parsley, and onion. Then add remaining stock to make thin sauce.

the first time in the history of the world, the  
whole of the human race has been gathered  
together in one place.

### THE END

It is now time to close our story, and we hope  
you will have enjoyed it.

### THE END

We hope you will like our book, and if you do,  
please tell your friends about it.

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Cocoa

2 tablespoons cocoa  
2 tablespoons sugar

1/2 teaspoon cornstarch  
1/2 cup hot water

Mix. Boil together until thick. Add 2-1/4 cups milk, beat with dover egg beater until hot and then cook 6 minutes in top of double boiler.

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